A story about BIG emotions and the power of empathy

BIG FEELINGS

From the *New York Times* bestselling creators of ALL ARE WELCOME

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Suzanne Kaufman

BLOOMSBURY

LOVE

For all my little friends with big, big feelings, you are always lovable, you are always loved, and you can do hard things.
– A.P.

For kids with big feelings and tremendous hearts but especially for S., who showed me the way.
– S.K.

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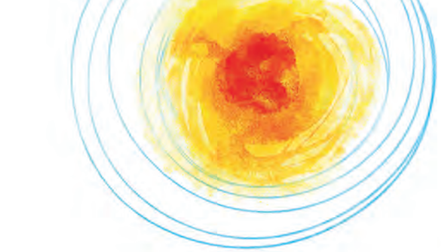
It's time to play.

Big plans today!



But sometimes things
get in the way . . .

Feeling bold.

Feeling mad.

Goodbye, happy.

Hello, sad.

I have big feelings.

You have them, too.

How can I help?
What can we do?

Talk it out?
Talk it through?

I am sorry.
I am, too!

New plans today,
and that's okay.

We won't let this
get in the way.

I feel hopeful.

I feel tired.

I feel frustrated.

I feel . . . *inspired.*